



CARDIO CROSSCORE®

Presented by Isabel Shephard Schaefer
Isabel@lifng.com

OVERVIEW

Utilizing the CrossCore® Rotational Bodyweight Training™ (RBT™) system to create workouts that combine aerobic activity with suspended and Rotational Bodyweight Training™ exercises for circuit or interval training.

OBJECTIVES

This fun and challenging workout will include cardio segments with and without props alternated with exercises using the CrossCore® Rotational Bodyweight Training™ (RBT™) System.

SUMMARY

Need a break from the Spinner® bike and your cycling shorts? No more living in a sagittal world. Let's open up the body and move as we do through life with variety! Appropriate for every fitness level. Sneakers are recommended.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**